

Steamed Carrots

Ingredients:

- ½ cup baby carrots
- 1 tsp. honey
- ½ tsp. dill sprigs, chopped fine



Nutrition Facts

Serving Size 1/2 cup (85g)
Servings Per Container 1

Amount Per Serving

Calories 50 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 1g

Vitamin A 400% • Vitamin C 10%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*DAIRY FREE



*GLUTEN-FREE



*SOY FREE

Directions:

1. Steam carrots well to medium tenderness
2. Drain carrots and mix well with honey and dill
3. Serve warm